

INSIDE



Fill 'er up!

Refuelers with 209th Aviation Support Battalion daily fill up aircraft with 8,000 gallons of fuel

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Town Hall

Oahu Base Support Battalion hosts its next Town Hall meeting this Tuesday evening at 6:30 at Sgt. Smith Theater, Schofield Barracks.



Welcome refuge

Perched above Tripler are all the comforts of home for families holding vigil

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100-miler

47-year-old sergeant major runs around the island in less than 32 hours

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Donna Klapakis | U.S. Army Garrison, Hawaii, Public Affairs

Resuming training

Soldiers assigned to C Troop, 2nd Squadron, 14th Cavalry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, dismount and storm a building containing "high-value targets" during training at a Schofield Barracks MOUT, or military operations on urbanized terrain center, Jan. 11. The federal courts have allowed the brigade limited Stryker training at Schofield and the Pohakuloa Training Area on the Big Island of Hawaii; however, last week's training only used humvees and LMTVs (light medium tactical vehicles).

MLK remembered with march

Story and Photo by  
KHALIDA DUBOSE  
Staff Writer

While many hard-working Americans were relaxing without a thought of the significance of this week's holiday, many Soldiers on Schofield Barracks were remembering an American hero.

Just four days before what would have been Martin Luther King Jr.'s 78th birthday, more than 75 Soldiers and family members reflected on the sacrifices of King by re-enacting his famous March on Washington.

The 25th Infantry Division (ID) and the U.S. Army, Pacific (USARPAC), sponsored an observance for King that included a proclamation reading by Sgt. 1st Class Valenteen Skilang, a symbolic march from the division

headquarters flag pole to Sgt. Smith Theater; singing of the National Anthem and watching movie clips of King and the Civil Rights Movement; and a performance play written by Master Sgt. Eduardo Zayas, among others.

"We're marching out of respect and to participate in history," said Sgt. 1st Class Michael Alicea of the 25th ID. "This is a very diverse Army, and we want to enrich each other with our cultures."

During the introduction to the observance, Command Sgt. Maj. Edmond Murrell of U.S. Army Garrison, Hawaii, reminded family members and Soldiers of the ultimate sacrifice King made on behalf of all races and mankind.

During the short history lesson Murrell

said, even though King wasn't an enlisted Soldier, he embodied all of the qualities of a Soldier.

Murrell encouraged participants to remember King year-around by seeking out more information about him on the Internet.

Marching from the flagpole to Sgt. Smith Theater, participants got a small glimpse of what King and more than 250,000 people accomplished during the famous March on Washington. Soldiers followed Sgt. Maj. Rogelio Davidson of the USARPAC inspector general's office; Col. Timothy Ryan, commander, 25th ID rear detachment; and Ryan's wife, Patti, on the march.

In the theater, as movie clips of King and

SEE MLK, A-5

'Moulage' provides realism for isle hospitals



A student concentrates as he adds final, detailed touches on an artificial limb during the four-day moulage training course at Tripler Army Medical Center.

TRIPLER ARMY MEDICAL CENTER  
News Release

HONOLULU — Open to all medical facilities in the state of Hawaii, Tripler Army Medical Center (TAMC) hosted "Moulage: The Art of Injury Simulation," a training course, Jan. 8-11 at the TAMC Department of Health Education Training Conference Room.

Members from as far away as the Big Island attended.

"This class will be very useful to me in my work with Hawaii DMAT [Disaster Management As-

sistance Team], said Jennifer Rabalais, registered nurse, North Hawaii Community Hospital, Big Island. "The ability to realistically simulate injury will enhance our exercises."

The four-day course focused on teaching students techniques to develop all types of injuries, from realistic-looking blisters to open wounds with protruding bone fractures.

"The realism of the injuries that are created using Image Perceptives' methods is invaluable in

SEE MOULAGE, A-6

Policies to relieve stress, aid units

DoD limits times for mobilization, sets goals for deployment and compensation

DONNA MILES  
American Forces Press Service

WASHINGTON — The new Defense Department policy limiting the duration of call-ups to 12 months is already in effect for National Guard and Reserve members being ordered to active duty, the senior DoD reserve affairs official reported Tuesday.

The new mobilization limits, announced Jan. 11, are designed to reduce stress on the force and keep reserve-component service members from leaving the military, Thomas F. Hall, assistant secretary of defense for reserve affairs, said during a joint interview with American Forces Press Service and the Pentagon Channel.

Hall said Defense Secretary Robert M. Gates' policy recognizes that the 18- to 24-month mobilizations many Guard and Reserve members faced were creating too heavy a burden.

Service members, as well as their families and employers, spoke, and Hall said the Defense Department listened.

"We have come to the conclusion that based on numerous inputs, that 18- to 21-months over a long war, over a career, is just too much," he said. "It is over and above what employers and families and individuals will accept and still remain in the Guard and Reserve."

Hall reported that while shortening mobilization times, the military is also working to stretch out the time between involuntary reserve-component call-ups.

DoD's goal is to give reserve-component members five years at home between one-year deployments. For active duty troops, the goal is two years at home station after each one-year deployment.

Hall acknowledged that turnaround times for both active- and reserve-component troops have frequently been far shorter, and that this needs to change.

"We recognize that we're getting to a situation where we need to make sure we adequately spread the burden between the



Hall

SEE CALL-UPS, A-6

2006 CFC breaks records, but new challenges may impact '07 giving

KEVIN DOWNEY  
U.S. Army, Pacific, Public Affairs

FORT SHAFTER — When project officials from the Hawaii-Pacific Area Combined Federal Campaign (CFC) held their annual recognition luncheon in December, the final tally of donations was unknown.

The totals are in now, showing the 2006 campaign netted a record-setting total of \$6.1 million, believed in large part due to Hurricane Katrina contributions.

The Dec. 14 luncheon, held at the Hale Koa Hotel in Waikiki, was the last official event of the Army-led campaign before responsibility transfers to Pacific Air Forces

The ceremony paid tribute to outstanding donors and participants in the 2006 campaign, chaired by U.S. Army, Pacific (USARPAC), commander Lt. Gen. John M. Brown III, and directed by Maj. Gen. William H. Brandenburg, USARPAC's deputy commanding general.

The aim of the 2006 campaign was to increase participation by 5 percent from 2005. Many challenges, including a dramatic increase in the price of oil and the deployment of almost 18 percent of the donor population to Operation Iraqi Freedom (OIF) and Operation Enduring Freedom (OEF) in Afghanistan were

expected to impact contributions.

Approximately 60,500 federal employees were asked to contribute to the 2006 campaign, about 12,000 fewer troops and potential donors from 2005.

"The deployment had close to a million dollar impact upon the campaign," said CFC project officer Col. Michael A. Eyre. "All other things being equal with last year's campaign, we should have raised



Brown

\$5.2 million to match the 2005 final. The fact that \$5.92-plus million was raised translates to a 14 percent increase over the enormously successful 2005 campaign.

Eyre said the increase is attributed to the generosity of donors in the Hawaii-Pacific Area, as well as the hard work of the campaign workers.

"Our goal was to grow CFC," Eyre said. "The campaign had experienced about an 8 percent decline in participation since 2001. This year, we're currently at roughly 52 percent.

SEE CFC, A-6









During a combined Iraqi Security Forces and Coalition Forces air and ground operation outside of Kirkuk, Iraq, ground forces of 2nd Bn., 35th Inf. Regt., 3rd Inf. Bde. Combat Team, 25th Inf. Div., move toward their objective: to detain several anti-Iraqi forces involved in improvised explosive device (IED) cells and to confiscate significant amounts of IED making material.

# Iraq security, coalition combat IED threat

Story and Photos by  
**SPC. MIKE ALBERTS**  
3rd Brigade Public Affairs

KIRKUK, Iraq – As the first morning light peaked over the desert horizon, helicopters landed onto fields outside their objective. Simultaneously, dozens of tactical vehicles crawled into position. The air and ground assault into this deceptively quiet region of the Kirkuk Province was underway and would eventually yield impressive results.

Recently, hundreds of Iraqi Security and Coalition Forces isolated, cleared and assessed eight villages in the northern part of the Rashaad Valley just outside of Kirkuk, Iraq, during a joint, coordinated air and ground operation. The Rashaad Valley borders the southern end of the city of Kirkuk. The valley is home to thousands of Iraqis in dozens of small villages.

The northern end of the valley is partially wedged between two roadways that provide primary access into Kirkuk. Improvised explosive devices (IEDs) buried under and beside these roads are frequent hazards.

Those responsible for much of the IED activity live among citizens within the targeted villages, according to Capt. Jonathan Graebener, company commander, Alpha Company, 2nd Battalion, 35th Infantry Regiment, 3rd Infantry Brigade Combat Team (3IBCT).

“There’s a lot of enemy activity in the form of IEDs and other criminal cells that operate in the area,” explained Graebener. “Additionally, this particular location doesn’t receive a lot of attention from the government in terms of infrastructure repair and other basic needs because of the poor security situation,” he continued.

“The goal was to go into these villages to disrupt, detain and capture IED cells and networks, and to make an assessment of the eight villages for future civil military operations.”



Iraqi police officers with Kirkuk’s Emergency Services Unit mobilize outside of two villages in the Rashaad Valley during the mission involving improvised explosive devices.

To accomplish the complex mission required the coordination and synchronization of hundreds of Iraqi Security Force and Coalition Force personnel, and dozens of assets.

The Iraqi Army’s 2nd Battalion, 3rd Brigade, 4th Army Division, set up pre-dawn blocking positions around the objectives to monitor traffic in and out of the area while more than 100 officers with the Iraqi police’s elite Emergency Services Unit (ESU) integrated with Coalition Forces to conduct the air and ground operation, according to Capt. Ryan Nacin, battalion task force fire support and assistant plans officer, 2-35.

“Alpha Company, 2-35th was the main [coalition force] effort for both the air and ground operation,” said Nacin. “However, [among other specialty units attached to us], the operation included our battalion command and control element, a quick air reaction force platoon from Bravo Company, a mortar platoon from

Headquarters and Headquarters Company, a security element from Delta Company, and route clearing teams from our Brigade Special Troops Battalion,” he said.

Ground elements, aviation attack, reconnaissance and troop transport assets were also provided by 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, and equipment and personnel from 25th CAB’s 2nd and 3rd Battalions.

“One goal was to clear [the area] of the overt enemy presence, which included IED emplacer cells. Doing so will create a more permissive environment for us to work in,” said Lt. Col. Michael Browder, battalion commander, 2-35th. “The other piece is the civil military operation,” continued Browder. “We linked up with village elders, leaders and other people of influence to develop a better sense of these towns to assess their needs.”

Such assessments revealed that some of the primary issues were as simple as fixing a broken water pipe to better supply clean water

and refurbishing existing schools and health clinics.

“The whole operation was successful on many levels,” said Browder. “We captured and detained a number of people of interest. We detained a number of IED emplacers which helps us identify the IED cells in the area.

“We cleared and recovered several IEDs from roads. We made contact in every village. We conducted our civil affairs assessments,” he continued, “and we collected enough evidence to put some IED cell members in jail for a long, long time.”

# Gates says ‘No D-Day’ for surge of troops in Iraq

Department of Defense secretary believes the timetable, strategy are on target for U.S. forces

**JIM GARAMONE**  
American Forces Press Service

WASHINGTON – The additional 21,000 troops moving into Iraq will be phased in over the next several months, Defense Secretary Robert M. Gates said, Jan. 11.

There will not be a single major movement, or “D-Day,” for the additional troops, Gates said at a White House news conference.

By June, 20 brigade combat teams or their equivalents will be in Iraq, Pentagon officials said. There are now 15.

In a nationally televised address Jan. 10, President Bush announced the troop increase and said five new brigades will go to Baghdad. The city is the “center of gravity” for the struggle against insurgents and terrorists, according to U.S. officials. Eighty percent of attacks in Iraq happen within a 30-mile radius of the capital, Bush said in his speech.

“The timetable for the introduction of the additional U.S. forces will provide ample opportunity early on, and before many of the additional U.S. troops arrive in Iraq, to evaluate the progress of this endeavor and whether the Iraqis are fulfilling their commitments to us,” Gates said Jan. 11.

The president’s new strategy for Iraq builds on lessons and experiences of the past, Gates said. It also changes the emphasis of the “clear, hold, build” strategy. Under this, Iraqi and U.S. troops cleared areas of insurgents and terrorists. But there weren’t enough troops to hold all areas until rebuilding could begin.

“There were too many restrictions on the troops we did have,” Bush said last night. “Our military commanders reviewed the new Iraqi plan to ensure that it addressed these mistakes. They report that it does. They also report that this plan can work.”

Under the new plan, the concentration of emphasis will change to the hold portion of the strategy. Iraqi and American troops will be in Baghdad in enough force to stop insurgents and terrorists from going back into cleared neighborhoods.

American battalions will be embedded with Iraqi brigades, and more American trainers will embed at lower levels in Iraqi units. Currently, U.S. trainers serve at battalion level. This will move to company level, Army officials said.

The increase in the number of troops in Iraq began Jan. 11, as the 2nd Brigade, 82nd Airborne Division, began moving from Kuwait to Iraq, a senior DoD official said Jan. 10. The unit was the “call forward” force based north of Kuwait City.

DoD officials said they will increase the number of brigade combat teams gradually, and that some units will have to extend. The Minnesota National Guard’s 1st Brigade, 34th Infantry Division, will extend approximately 125 days to July 2007.

The members of the 15th Marine Expeditionary Unit will remain in Iraq for about 60 additional days, officials said.

- Other units will continue to deploy.
- The 4th Brigade, 1st Infantry Division, based at Fort Riley, Kan., will deploy in February, as previously announced.
  - The 3rd Brigade, 3rd Infantry Division, based at Fort Benning, Ga., will deploy in March.
  - The 4th Stryker Brigade, 2nd Infantry Division, at Fort Lewis, Wash., will deploy in April.
  - The 2nd Brigade, 3rd Infantry Division, at Fort Stewart, Ga., will deploy in May.
- Officials said other combat support and combat service support units may be deployed as needed once new requirements are assessed.



# Refueling point keeps aircraft running with full tank

As coalition forces battle on frontlines, FARP team keeps fuel flowing forward

Story and Photo by  
**SPC. DANIEL BEARL**  
25th Combat Aviation Brigade Public Affairs

TIKRIT, Iraq — Aircraft play a vital role in accomplishing missions in Iraq. They ferry troops and equipment, provide fire support for embattled Soldiers, and gather priceless intelligence on enemy activities.

But without fuel to keep their rotor blades spinning, those birds would be little more than useless lumps of metal dotting the flight lines of military bases across Iraq.

In order to keep aircraft fueled and running, Soldiers of Company A, 209th Aviation Support Battalion, 25th Combat Aviation Brigade, keep the pumps at the Forward Armament and Refueling Point (FARP) on Contingency Operating Base Speicher primed and ready to go 24-hours a day.

“Our average fuel issue a day is seven-to eight-thousand gallons,” said Staff Sgt. Kevin Robinson, the FARP petroleum supply day shift noncommissioned officer in charge.

With dozens of aircraft a day coming in for refueling at all hours, deployed Soldiers have to work at a higher pace than they would if they were in garrison, where the fuel point is only open for nine hours a day, Robinson said.

Unscheduled refueling stops also keep Soldiers on their toes.

“We have a radio,” Robinson said, “but sometimes they call, sometimes they don’t. So, you just have to be ready to go ahead and make the mission happen.”

The FARP has several fueling points and can perform hot refuels on multiple aircraft of different types at once.



Staff Sgt. Cedric Stevenson, platoon sergeant, 3rd Battery, 7th Field Artillery Regiment, talks to Oil Protection Forces, Jan. 4, at an oil-gas separation plant in Jabar. Stevenson's unit acts as advisors for the OPF, who protect oil pipelines in the area.

“Each point is set up for any type of aircraft to come in,” Robinson said. “We can do Chinooks at the same time, Blackhawks and Kiowas. Anything that lands here we can take care of.”

A hot refuel takes place when the aircraft’s engine is still running while being refueled. This method presents its own challenges and dangers that FARP Soldiers must be wary of.

“The danger of hot refueling is static electricity,” Robinson said. “If you don’t hook up correctly by bounding and grounding, you could get shocked

by the aircraft.”

And if there are fumes in the air, a spark could ignite a fire, Robinson said.

While they maintain an acute awareness for safety, refueling crews also have to work fast to get aircraft in and out of the refueling points as quickly as possible.

“I tell my Soldiers to think that the longer the aircraft is on the ground here, it’s another life out there that could be in jeopardy,” Robinson said. “The faster you have them out of here, the faster someone’s life could be saved.”

Refueling vehicles is not the only job the FARP has, though. It also restocks aircraft with ammunition and conducts quality tests on fuel samples.

Tucked away in a small corner of the FARP is a small lab where petroleum fuel samples from all over Northern Iraq are tested to ensure they meet Army quality standards.

The lab analyzes fuel samples to make sure they don’t contain particles like sand or paint chips, to ensure it will burn at the right temperature and won’t freeze at the wrong temperature, and to make sure that

different types of fuel haven’t been mixed together.

“What we do is really important,” said Spc. George Belmontes. “If our fuel has a low flash point, at any hot temperature it could just ignite, and we have to make sure your fuel won’t freeze on you when you go high in the sky. The last thing an aircraft needs is a frozen fuel line.”

The quality assurance lab at the FARP handles all fuel samples for Northern Iraq, Belmontes said. They receive samples from every fuel shipment that comes into the area as well as periodic samples of existing fuel supplies.

Despite the work load, or perhaps even because of it, Belmontes said he enjoys his work.

“Doing this is quite interesting,” Belmontes said. “And then to top it off, we’re it for Northern Iraq as well. This is the third lab the Army has designed, and it’s here in country, here in Iraq.”

The lab itself is a small marvel. Set inside a container that sits on the back of a humvee, the lab contains a myriad of high-tech gadgets that allows its operator to quickly perform all of the necessary tests.

Testing just one sample could easily be a full day’s work if the technician has to perform all the measurements by hand, Belmontes said. But with the array of tools the lab offers, the full gamut can be run much more quickly.

In addition to being convenient, the lab is also mobile.

“If something goes on right now, we have to get this lab out of the way,” Belmontes said. “What do we do? Jump up inside the driver’s box, turn it on and drive off.”

Though the lab at COB Speicher is only the third, plans are underway to stock the rest of the Army with more just like it in the future, Belmontes said.

# Minnesota to offer tax exemptions, education benefits to its troops

**DONNA MILES**  
American Forces Press Service

WASHINGTON — The Minnesota governor announced a new program last week to exempt troops and retirees who call the “Land of 10,000 Lakes” home from paying state income tax on military pay and pensions and provide other new benefits.

Gov. Tim Pawlenty unveiled the \$74.8 million Military and Veterans Support Package, Jan. 8. The package includes two dozen initiatives to assist service members, their families and veterans. It will be included in the governor’s new budget proposal, to be submitted to the state legislature later this month.

“The brave men and women in the military raise their hands and courageously serve all of us,” Pawlenty said in announcing the initiative. “We owe them our appreciation and respect in our words and deeds. This Military and Veterans Support Package strongly sends that message.”

The package will allow active- and reserve-component troops who claim Minnesota as their state of residence to subtract 100 percent of their military pay and pensions and other payments related to military service when they compute their state income tax, state officials explained. These payments are taxable

income under the current system.

The tax exemption is expected to be phased in over a four-year period. State officials predicted service members and veterans could save \$16.5 million in taxes during fiscal years 2008 and 2009, the first budget cycle to include the benefit, and more than twice that when it is fully phased in.

Pawlenty called the initiative an effort to reward troops and veterans for their service.

“Exempting military pay from state income tax is a way to show veterans that we appreciate them and want them to stay in Minnesota to help build an even greater state,” he said. “We need their skills, their patriotism and their sense of service.”

In addition to tax exemptions, the governor’s package includes a Minnesota GI Bill that will provide education benefits to thousands of veterans and their dependents. The bill would supplement the federal GI Bill by providing eligible veterans and eligible family members \$1,000 per semester for up to five years to help cover tuition, books, room and board, and other post-secondary school fees.

State officials say the program could benefit as many as 7,000 veterans and 600 spouses and dependents per semester and will provide \$30 million in benefits during the next two years.



U.S. Army Photo

More than 4,000 troops of the Minnesota National Guard’s 1st Brigade Combat Team, 34th Infantry Division, have been extended for up to 125 days, as part of President Bush’s new strategy for Iraq, Jan. 11, 2007.

Before departing to Operation Iraqi Freedom last March 16, the 1st Brigade Combat Team assembled in the shape of their “Red Bull” unit crest during their farewell ceremony at Camp Shelby, Miss.



# ‘Why I Serve’ speakers anxious to share experiences

DONNA MILES

American Forces Press Service

WASHINGTON — Beginning last week, many troops fanned out across the country, sharing their deployment experiences with civilian groups and hopes from “good news” stories that often don’t make it into the evening news.

Eight troops are participating in the Defense Department’s “Why I Serve” program, which gives men and women in uniform the opportunity to speak to groups ranging from the Boy Scouts to local Rotary Clubs to schools and retirement community organizations.

The concept originated with former Defense Secretary Donald H. Rumsfeld and Marine Gen. Peter Pace, chairman of the Joint Chiefs of Staff, who wanted a way to help reconnect troops to the American people, Marine Maj. Matt Morgan, the program’s director, explained.

“So we took a number of ideas, and



Defense Department Photo

Thirteen service members who served in Iraq or Afghanistan pose with Deputy Defense Secretary Gordon England before beginning a “Why We Serve” speaking tour across the U.S., created to respond to the requests of Americans who invite returning veterans to participate in community events and a variety of public affairs activities.

one of them was taking troops just returned from overseas and sending them out to the American people so they could talk to community organizations and groups and interface directly without the interference of filters,” Morgan said.

Army Staff Sgt. Jerome MacDonald, a combat medic who returned from Iraq in February 2006, said he and his fellow Why I Serve participants have “an incredible amount of different stories” to share about their time on the ground in the Middle East.

He said he’s excited about the opportunity to spend the next 90 days sharing those personal stories with people who may never have heard firsthand what it’s like to serve in Iraq or Afghanistan.

“I think it’s important to tell people what’s going on,” he said. “They can turn on CNN, but there’s someone on CNN telling them what they saw over there. This will be the Soldier telling you, ‘This is what I saw; this is what I did.’”

## 3-7th FA assists forces guarding oil

SGT. MICHAEL TUTTLE

5th Mobile Public Affairs Detachment

KIRKUK, Iraq – Artillery Soldiers visited two oil-gas separation plants in Janbar, Jan. 11, to check on the progress of Oil Protection Forces (OPF) guarding the pipelines south of Kirkuk.

The OPF, funded by the Iraqi Ministry of Oil, guard the infrastructure that keeps the oil flowing in the area.

Soldiers from Headquarters and Headquarters Battery, 3rd Battalion, 7th Field Artillery Regiment, 25th Infantry Division, met with the OPF to learn how to help them become a stronger force. The 3-7th Soldiers make themselves available to assist with training, supplies and for guidance.

“If they need anything, we help them get it and get it to them,” said Staff Sgt. Cedric Stevenson, pla-

toon sergeant.

In response to previous discussions with the OPF, a guard tower funded by Coalition Forces was built at one of the plants. At another, Soldiers helped build a kitchen, improving conditions for the protection forces who guard the plants 24 hours a day.

“The OPF are the ones out here every day guarding these plants,” Stevenson said. “We’ll do anything we can to help make them stronger.”

The economic benefits of the gas-oil separation plants are imperative to the region’s success, said Stevenson.

With the insurgent threat to the local infrastructure, the OPF’s ability to guard the plants is vital.

“Anything we can offer to help these guys, anything to help them get better at what they do, we’re willing to do that,” Stevenson said.

## MLK: Soldiers re-enact, reflect upon King legacy

CONTINUED FROM A-1

other significant Civil Rights demonstrators danced across the theater screen, the audience remained silent. The clips showed a quick look back into a time when segregation and civil unrest were an everyday occurrence.

As many entered the theater, they remembered that without the sacrifices of the heroes on the screen, simply stepping into the theater would have been impossible for most of them.

During closing remarks, Ryan told Soldiers and family members to take a look at all of the empty seats in the theater and to keep in mind the other men and women fighting for human rights in Operation Iraqi Freedom.

“It is the intent of every observance to teach us our history ... every once in a while one of these observances reaches out and touches your soul as this



(From left) Col. Timothy Ryan, 25th ID rear detachment commander; Sgt. Maj. Rogelio Davidson, USARPAC IG; and Ryan’s wife Patti, lead Soldiers on a symbolic march from the division headquarters to SST in honor of Martin Luther King’s 78th birthday.

one did,” said Ryan, during closing remarks.

### Other observances

The 25th ID, USARPAC, and

the 8th Theater Sustainment Command are hosting a similarly reflective event on Feb. 15 in honor of Black History Month. The observance will include guest

speakers and other activities, to be announced.

Throughout this week, the 9th Regional Readiness Command’s (RRC) Equal Opportunity (EO) Office hosted the exhibit “Gandhi, King, Ikeda: A Legacy of Building Peace” at Fort Shafter Flats.

“The exhibit conveys the lives and work of the three exemplary men,” said Master Sgt. Sophia Mendoza, senior EO advisor, 9th RRC, “[men] from three different cultures and nationalities, races and faith traditions,” she continued, “whose common path of profound dedication to peace inspires us to live with courage and create peace in the world, starting with ourselves.”

The traveling exhibit, located in the foyer of Building 1554, closes today at RRC, then moves to Camp Smith, Jan. 22–26; to Pearl Harbor Naval Station, Jan. 29–Feb. 2; to Tripler Army Medical Center, Feb. 12–16; and to Marine Corps Base Hawaii, Kaneohe Bay, Feb. 19–23.



Spc. Joanna Amberger | 117th Mobile Public Affairs Detachment, Hawaii Army National Guard

The new call-up policy will impact Hawaii National Guard Soldiers with the 1st Squadron of the 299th Cavalry Regiment. Above, the squadron participates in Rising Warrior IV with the 1st Infantry Regiment of the Japanese Ground Self Defense Force in November 2006.

# Call-ups: Duration set at 12 months

CONTINUED FROM A-1

active, Guard and Reserve [force]," he said.

But in cases in which troops must deploy early or have their deployments expended — a situation Hall acknowledged will sometimes happen — he said he's all for a new plan to compensate the affected troops.

"We think it is quite reasonable that you should receive additional compensation, and that will soon be in place," Hall said.

Gates ordered DoD and the services to come up with a compensation plan for active, Guard and Reserve troops who face these circumstances.

Another new policy change — that Guard and Reserve troops will deploy as units rather than individuals — also is drawing wide approval, Hall said. The plan also calls for eliminating "cross-leveling," a practice used

to fill manpower slots in deploying units.

Hall described the problem with cross-leveling: When a Reserve unit is identified for deployment but doesn't have all its positions filled, those gaps get filled by smaller units or individuals from other units. But when those other units get deployed, they now have gaps, too, because their troops are either deployed or just returned from a deployment.

"This just creates a ripple effect," Hall said.

The problem is particularly troublesome in the Army and Marine Corps, which tend to deploy their combat and combat service support elements as units, he said. The Air Force and Navy are more likely to mobilize individuals.

Under Gates' new policy, Army and Marine units will deploy as a whole.

"So, when your unit is called, if you are serving in that unit, you

will go, even if you might have mobilized before," Hall said. "This will promote cohesion and will be a better planning factor."

Hall said the new policy measures already were under discussion before Gates took over the top Pentagon post, but that he quickly agreed they were needed to help reduce stress on the force. The new policy will go a long way toward that goal, Hall said.

As these policies take effect, Hall said he's convinced Guard and Reserve troops will continue to "step up" when the country needs them.

"They will answer the call, just like our forefathers did, and we will fight and win this battle against the forces of international terror," he said. "And it will be because of our people and their commitment; and I want to personally thank each and every one of them in the active, Guard and Reserve for what they are doing for our country."

# Moulage: Realism lends to training

CONTINUED FROM A-1

prompting realistic reactions for first responder training," said Laura Haven, moulage instructor, Image Perspectives.

"Many years of participation in Emergency Medical Service [EMS] and Disaster Response Training have shown us, unequivocally, that people learn and test better when realistic injury simulation is used. What is realistically experienced is better learned and retained," Haven said.

"Excellent program," said registered nurse Raylene Nolan, manager, Emergency

Department, Straub Clinic and Hospital. "It taught me to perfect my moulage techniques, which will help in training my staff since we are a burn center. Also, as an instructor for the Trauma Nursing Core Course, good moulage is needed,"

Master Sgt. Chris Vance, senior clinic noncommissioned officer, Tripler Critical Care Services, said the training is invaluable to add realism to training scenarios.

"It's high time that we provide that type of realism for our medics," Vance said. "They need to see realistic wounds in a simulated battle environment to hone their skills," he explained. "As leaders, we need to be able to evaluate our subordinates' ability to identify and treat wounds caused by a myriad of items," he emphasized, adding anytime you can enhance a training environment for Soldiers who are deploying, value added.

The training did in fact give Soldiers a chance to correct their mistakes and show them different ways to treat a wound.

"If the best that you can do is provide a strap on plastic wound that looks like it was taken off of an oversized doll, what kind of training effect do we expect to gain," Vance queried. "Our medics are better than that. They need and deserve to be challenged."

*Moulage*, a French word meaning casting or moulding, is the art of creating and applying mock injuries for the purpose of training Emergency Response Teams and other medical and military personnel.

Moulage may be as simple as applying pre-made rubber or latex "wounds" to a healthy "patient's" limbs, chest, head, and the like, or as complex as using complicated makeup and theater techniques to provide elements of realism, such as blood, vomitus, open fractures, and more, to the training simulation.

The practice dates to at least the Renaissance, when wax figures were used for this purpose.

Realistic wounds equal realistic responses, said the senior clinic NCO.

"The wounds that we've learned to create look real, act real. ...Added into any role playing [they] will give our medics the edge they need to be successful in theater," Vance said.

In addition to preparing Soldiers for real-world scenarios, the training provided an invaluable service to the community.

"This training is important for all the health care facilities for several reasons," said Elliott Ross, coordinator, Homeland Security, Pacific Regional Medical Command. "First, it provides in-house personnel capable of preparing simulated casualties for internal exercises."

"Secondly, it provides the State of Hawaii with a pool of trained and experienced moulage specialists to use for local and state exercises involving patient play," he added.

# CFC: 2007 could be challenging year

CONTINUED FROM A-1

"Preliminary numbers suggest we'll be at 53 percent when we're through with the auditing process. This is a tremendous achievement," he continued, "because that demonstrates we have reversed a five-year downward spiral. I believe we are the only CFC program that has achieved such a remarkable turnaround."

The mission of the CFC is to promote and support philanthropy



through a program that is employee focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all.

As the world's largest and most successful annual workplace giving campaign, the CFC raises millions of dollars each year through more than 300 CFC campaigns throughout the world.

Pledges made by federal civilian, postal and military donors during the 2006 campaign season (Sept. 1 to Dec. 15) support eligible non-profit organizations that provide health and human service benefits throughout the world.



# Healthy weight based on many factors

**NORMA SUAREZ**  
Public Health Nursing  
Tripler Army Medical Center

Healthy Weight Week is an annual observance that focuses on the importance of maintaining a healthy weight.

For 2007, the week of Jan. 21-27 is Healthy Weight Week, and the observance is especially important at this time when more Americans are overweight than ever before.

According to the U.S. Surgeon General's "Call to Action to Prevent and Decrease Overweight and Obesity" report, approximately 300,000 adult deaths in the United States are linked to obesity each year. Unhealthy dietary habits and physical inactivity or sedentary behavior can help complicate other risk factors and lead to premature death.

A healthy weight is different for everyone. It's based on factors such as genes, food intake and level of physical activity. Therefore, having one ideal weight that is suitable for everyone is not possible.

As well, healthy weight is more than just weight loss. It includes a healthy lifestyle such as good eating habits, good nutrition and daily physical activity. Good eating habits and nutrition imply eating three meals and one or two snacks a day — at regular times and in moderation. It also means choosing a variety of foods.

The National Institutes of Health define obese or overweight adults using the body mass index, or BMI. An overweight adult is defined as one with a BMI between 25 and 29.9, while an obese adult has a BMI of 30 or higher. The risk of death, although modest until a BMI of 30 is reached, increases with an increasing BMI.

Obese adults have a 50 to 100 percent increased risk of premature death compared to adults with a BMI of 20 to 25. But even weight in excess of 10 to 20 pounds for a person of average height increases the risk of death, particularly among adults ages 30 to 64 years. Efforts to maintain a healthy

weight begin with our children. Parents have an important role to play because they are usually the main source of information. More importantly, they are the key role models when it comes to shaping their child's eating habits.

Children learn from their parents what, when and how much to eat. For both children and adults, it is important to learn when their body tells them when they are hungry, full or have overeaten.

Being at a healthy weight and eating healthy can enhance feelings of well-being and provide the needed energy to lead a fulfilling life. Also, maintaining a healthy weight is an important part of self-esteem because your weight affects your body image, moods, emotions and physical health.

A healthy weight can help to reduce your risk for physical and mental illnesses.

Adults who wish to change their behaviors, attitudes and lifestyle patterns, in order to reach a healthy weight, should begin by getting reliable informa-

Schofield Barracks Public Health Nursing offers a wellness class for eligible beneficiaries the first Tuesday of each month that covers a wide range of topics including healthy eating, tobacco cessation, healthy sleep habits, and the benefits of decreasing alcohol consumption.

Each patron who completes the course will also receive a self-medication card, which allows the cardholder to pick up over-the-counter medications at local military pharmacies.

The classes are held in the Army Public Health Nursing classroom, on the second floor of Building 673, Schofield. To register for the class, call 433-8675.

tion on nutrition and physical fitness.

A good place to start is where you receive your health care. Military health care facilities offer a number of programs for maintaining a healthy weight or can make referrals to the appropriate source.

The web site, [www.HealthierUS.gov](http://www.HealthierUS.gov), can also provide reliable nutrition and physical fitness information.



Photo digitally manipulated; Source: the Spec Dept. & Leah Mayo

## Tripler gate checks IDs upon entry

New measures need cooperation of all motorists at TAMC

**TRIPLER ARMY MEDICAL CENTER  
PUBLIC AFFAIRS**  
News Release

The Department of the Army Police from U.S. Army Garrison, Hawaii, have begun upgraded security screening of vehicles and individuals entering the Tripler Army Medical Center (TAMC) installation.

The change is in response to the installation's access guidance from the Army Chief of Staff.

A photo ID is required of all passengers in a vehicle entering Tripler, and the driver must show proper identification upon request such as a driver's license or a military ID card.

Additional personnel will be placed at the gate to expedite the process and keep delays to a minimum.

The objectives of the new measure are to improve the security of the installation and require non-Department of the Defense (DOD) vehicles accessing TAMC to be registered with the Provost Marshal Office.

Any valid DoD decal from an Oahu installation will be accepted. Vehicles without such a decal will be directed to the Visitor Control Center where they will be issued a day pass or temporary registration.

In order to assist officers making the new checks, everybody should have their photo identification readily available upon approaching the gate; otherwise, traffic backup will occur.

With everyone's cooperation, traffic will continue to flow smoothly upon entering Tripler with minimum inconvenience.

If any staff member does not have a vehicle registered, as required, he or she should visit the Vehicle Registration Office, located on the first floor of the A Wing, Oceanside lobby, at the Tripler Aloha Center.

Hours of operation are from 8 a.m.-4 p.m.

# Patient safety begins with patients

Research confirms patients must engage two-way communication with M.D.s

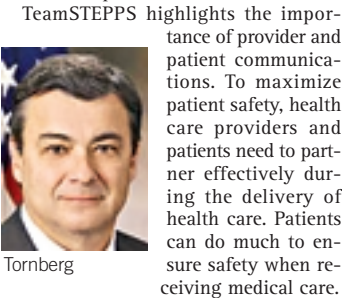
**DR. DAVID N. TORNBURG, MPH**  
Deputy Assistant Secretary of Defense for Clinical and Program Policy

Ancient Greek physician Hippocrates gave this advice about the practice of medicine: first, do no harm.

A new program called Team Strategies and Tools to Enhance Performance and Patient Safety (TeamSTEPPS) will help medical professionals follow that advice to enhance patient safety in our medical treatment facilities.

TeamSTEPPS, developed in collaboration with the Health and Human Services Agency for Healthcare Research and Quality, is a research-based training system to improve good communication techniques and team building skills for health care workers. The training is being

implemented across the military health system, and is also available to civilian health care providers.



Tornburg

## Your Role

First, actively participate in every decision regarding your health care. Talk with your doctor about planned treatments and expected results. If you are uncomfortable talking with your doctor, designate an advocate, such as a relative

## January is ...

- National Volunteer Blood Donor Month
- National Glaucoma Awareness Month
- Thyroid Awareness Month
- National Mentoring Month

or friend, to go with you and speak for you.

Good communication is the key to partnering with your medical team. Tell your doctor about your medications, allergies and adverse reactions to medications you've had in the past. Even if you think these things are all noted in your medical records, it never hurts to mention them.

Keep a record of all medicines, vitamins and herbal supplements you take. This task is important in case your doc-



tor gives you a new prescription. Sometimes supplements or medicines that are helpful by themselves can cause a harmful reaction when combined.

When you get a prescription, ask what the medication does and what the possible side effects are. Don't leave the doctor's office until you understand when

and how to take your medications.

Do a little homework. Learn as much as you can about your illness, the treatment plans available and any tests your doctor may conduct. If you need surgery, make sure you and the surgeon agree on exactly what is going to be done, including the surgeon marking the surgical site. And ask your provider when, where and how you will get the results of a procedure or test.

Remember that no one knows as much about how you feel as you do. As a partner in your own care, you can help the rest of the team keep you healthy.

# Beneficiaries also prone to crime of identity theft or telephone fraud

## TRICARE MANAGEMENT ACTIVITY

News Release

FALLS CHURCH, Va. – Recently, a Tricare beneficiary reported a possible telephone scam involving someone asking for personal bank account information, which appears to be an incident of phone fraud, not a security breach or incident.

Sam Jenkins, Tricare Management Activity's privacy officer, said personal or financial information should never be provided to anyone who calls you or comes to your home uninvited, claiming he or she is collecting fees or other funds on behalf of Tricare or selling Tricare-related products.

"Only give personal information when you have made the contact, for example, calling one of the Tricare toll-free customer service numbers or visiting a Tricare Web site," Jenkins said. "Tricare will

Contact the Federal Trade Commission's ID Theft Hotline at 1-877-438-4338.



never contact you to ask for your financial information."

Jenkins added that Tricare will only request information when you initiate the call, and then only when it is appropriate.

Protect your personal information

If you think someone is misusing your personal information, contact the Federal Trade Commission's ID Theft Hotline at 1-877-438-4338 to make a report.

If you receive a call of this nature from someone identifying themselves as a Tricare representative, please let Tricare know in writing:

Tricare Management Activity  
ATTN: Privacy Office  
5111 Leesburg Pike, Suite 810  
Fall Church, VA 22041

You should also contact the fraud departments of the three consumer reporting companies to place a fraud alert on your credit report. The fraud alert tells creditors to contact you before opening any new accounts or making changes to your existing accounts.

Once you place the fraud alert in your file, you may order free copies of your credit reports.

Tricare has posted contact information for all three companies, along with more tips and a list of resources to help you protect your identity, on its Web site at [www.tricare.osd.mil/factsheet/fraud.cmf](http://www.tricare.osd.mil/factsheet/fraud.cmf).

# News Briefs

Send calendar announcements to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

## 22 / Monday

**Road closure** — Trimble Road on Schofield Barracks, from Cadet Sheridan Road to Beaver Road, will be resurfaced Jan. 22–March 16, from 8 a.m.–4 p.m.

The road will remain open and lanes will be closed and traffic will be redirected as necessary. Call 656-2435.

## 23 / Tuesday

**Tax Centers Open** — The Schofield Barracks Tax Center, Building 648, will open Jan. 23; and the Fort Shafter Tax Center, Building 330, will open Jan. 29.

Free federal and state income tax preparation and assistance will be provided to Soldiers, family members, retirees, active Reservists and National Guard members.

Patrons must bring proper identification, social security cards for all individuals to be claimed on all returns, W-2's and any other tax-related forms they deem necessary.

The Schofield center's hours of operation will be Monday–Wed, from 9:30 a.m.–5 p.m.,

Thursday, from 9:30 a.m.–6 p.m., and Friday, from 9:30 a.m.–4 p.m. Call 655-1040.

The Fort Shafter center's hours of operation will be Monday–Wed, from 9:30 a.m.–5 p.m., and Thursday, from 9:30 a.m.–6 p.m. Call 438-0829.

Both centers will be closed on Federal holidays.

**Town Hall Meeting** — The next Oahu North Town hall meet-

ing is scheduled for Tuesday, Jan. 23 at 6:30 p.m. in Sgt. Smith Theater, Schofield Barracks. Call 655-4356.

**Troops to Teachers** — The federally-funded Troops to Teachers program supports military members planning on choosing teaching as their next career.

The program can provide hiring support and allows up to a \$10,000 bonus for teaching in high-need schools.

Find out what it takes to become a teacher and how the TTT program can benefit you. The program coordinator will be available from 11:30 a.m. to 1 p.m. at the Schofield Barracks Education Center Jan. 23.

Starting in February, the coordinator will visit the first Tuesday of each month.

Contact Mr. Miller at 587-4054, extension 409 or e-mail [hawaiiitt@notes.k12.hi.us](mailto:hawaiiitt@notes.k12.hi.us).



# HAWAII ARMY WEEKLY

# PAU HANA

www.25id.army.mil/haw.asp

“When work is finished.”

FRIDAY, JANUARY 19, 2007



**STEVEN DONALD SMITH**  
American Forces Press Service

WASHINGTON — The Fisher House Foundation will expand its efforts to help injured U.S. troops and their families by building five new comfort homes per year until 2010, the foundation's chairman said Saturday night on CNN's "Larry King Live."

"These are families that make sacrifices. This program is designed to help them," Ken Fisher said.

The foundation builds homes on and near active military and Veterans Affairs medical facilities. The houses provide free lodging for service members who must stay near a hospital for continuing treatment, as well as families visiting wounded loved ones.

The work done by the Fisher House Foundation was featured for the entire hour on Saturday's "Larry King Live." Clips of King and his crew visiting patients at the Fisher House in San Diego last week were shown throughout the program. King also interviewed service members and their families who are currently at other Fisher House locations or have stayed at one previously.

Army Staff Sgt. Harold Ord, whose right ankle and lower leg were shattered by a mortar round last year in Iraq, talked about his appreciation for the Fisher House at Fort Campbell, Ky., where he is receiving treatment.

"It's a great organization and it's great thing to have," Ord said. "We probably would have had a rough time without it. It's helped out a lot of people."

The foundation was started in 1990 by Ken's late uncle, Zack Fisher. When it was brought to Zack's attention that there was a shortage of affordable housing for injured service members and their families, he decided to put the program together, Ken Fisher said.

Zack Fisher built the first comfort homes with his own money. "Zack always believed that it was our obligation to give back to a nation that had been so great to us," Ken Fisher said. "Zack always considered them [service members] to be the greatest national treasure."

Today, there are 36 Fisher House facilities in 16 states and one in Germany. After the houses are built, they are gifted to U.S. government, which then maintains them. Fisher said the foundation works closely with the military to determine where a new house should be built.

"The beauty part of the house is that the fami-



Christa B. Thomas | U.S. Army, Garrison, Hawaii, Public Affairs

Above — The Fisher Houses at Tripler Army Medical Center, above and top, are spacious and comfortably appointed with convenient amenities. Books, movies and games are readily available to entertain guests between hospital visits.

lies will sit together, they'll eat together, it has become a support network in the house," Fisher said. "It's not just families having a place to sleep, it's getting together and supporting each other on a bad day and sharing the joy on a good day."

Actor Gary Sinise, star of the hit CBS program "CSI: New York," joined King via satellite feed. Sinise said he has been involved with the Fisher House Foundation since 2003. "Fisher Houses are doing amazing, amazing work," he said. "I can't say enough about these folks and their dedication to helping our wounded and supporting our families."

Sinise and his music group, the Lt. Dan Band, named after the character he played in the movie "Forrest Gump," have played more than 40 shows for troops stationed in the United States, Iraq and Afghanistan. They will next perform at the Washington, D.C. Auto Show at the Washington Convention Center, Jan. 27.

"It's rewarding to know that I can give back to these people who are volunteers, and who go out and defend our country," Sinise told King. "They're making a lot of sacrifices for us. And their families do as well."

Sinise, like the Fisher House Foundation, is an active member of the "America Supports You" program, a Defense Department program showcasing the ways Americans are supporting the nation's troops. In addition, Sinise co-founded

"Operation Iraqi Children," an organization that collects and ships school supplies and toys to Iraq.

Country music singer Wynonna Judd also appeared on Saturday night's program.

"I think there's nothing more important than support in a time of illness," she said.

Judd has performed at many military bases and medical facilities.

"My job is to enlighten and lift up the spirits of these people who put their butts on the line every day so my family is free," she said.

## Fisher House at Tripler complex

Teofila Charfauros, who is staying at the Fisher House at Tripler Army Medical Center, lauded Fisher House for providing her with a place to stay and "maintain quality of life" while she receives medical treatment.

"We would be lost in the water and financially drained," she said. "Being here is like home away from home makes being away from Guam less scary."

"Fisher House is a godsend," she said. "I would have given up my treatment if it weren't for this place." Charfauros has been at Fisher House since September and expects her stay to extend through the spring.

Charfauros, who resides in Guam, is accompanied by her husband, John Sr. Coincidentally,

The Fisher House Foundation and the Fisher House program depend on public donations to continue their important work.

Locally, in-kind donations are accepted at the Fisher Houses. Needed supplies include the following:

- Light bulbs, including those with the candle-labra base or tip.
- Household supplies, including liquid and automatic dish detergent, laundry detergent, household cleansers, paper products, batteries, flashlights, alarm clocks, sponges, eating and cooking utensils, blow dryers and such.
- Food supplies such as rice, regular and artificial sweeteners, canned goods and other non-perishables.

Tax deductible donations are accepted online at [www.fisherhouse.org](http://www.fisherhouse.org); by mail to the Fisher House Foundation, Inc., 1401 Rockville Pike, Suite 600, Rockville, MD 20852; or through the annual Combined Federal Campaign.

For complete details or to inquire about volunteer opportunities, call 433-1291, extension 28.

her son, John Jr., his wife and daughter, are also staying at the Fisher House while the newest addition to their family, a 4-week-old boy, receives treatment.

John Jr., a member of the Army National Guard, said he was preparing to spend up to \$70 each night to stay at a commercial hotel.

"Fortunately, I was able to get a room for my family for free," he said. "The money I saved in daily fees allowed us to rent a car."

CNN will auction off a Humvee nicknamed "Warrior One" to benefit the Fisher House Foundation, Saturday, Jan. 20. The vehicle was used by some of the network's correspondents during the Iraq war, but was completely refurbished during a recent episode of TLC's "Overhaulin'."

(Editor's Note: Christa B. Thomas of the Hawaii Army Weekly contributed to this article.)



Charfauros

# Toy container brings Christmas in January to military keiki

Finale yuletide tally nets kids' score of 1 versus empty cargo seal at 0

Story and Photo by  
**JR REESE**

U.S. Army Garrison, Hawaii, Public Affairs

The holiday season went into overtime Jan. 9 as 6,000 "Toys for the Troops' Kids" collected by California veterans were distributed to children and unit representatives of the 25th Infantry Division.

Children squirmed in anticipation beside the large cargo container filled with toys; however, the opening of the container was delayed when the cargo seal on the latch, playing the Grinch, proved impervious to pocket knives and hammers.

Sgt. 1st Class Clint Kramer of the 728th Military Police Battalion quickly secured heavy-duty bolt cutters to save the day, and the offending steel bolt was defeated, much to the delight of the cheering children.

"I'm hoping there's at least one game console in there," said 12-year-old Brandon Garcia, waiting with his mother and three brothers. "I'm looking forward to anything that my mom won't allow me to buy [for budget reasons]."

The opened doors revealed large shipping boxes of toys and even a few bicycles.

The kids lined up and took first dibs as the unloading began; then warriors from assorted division units began assembling piles of presents for approximately 100 military families.

Toys for the Troops' Kids, a nonprofit



Eyes front! A shipping container loaded with toys has the complete attention of children as warriors from various commands begin dividing the Toys for the Troops' Kids.

organization, provided thousands of toys to dozens of commands in all branches of service during the 2006 drive. This is the first year the Tropic Lightning Division was invited to be a recipient.

In early December, Toys for the Troops' Kids approached Jack Wiers, the marketing director of Army Hawaii Morale, Welfare and Recreation, and said it wanted to include the 25th ID, but they wouldn't be able to get the toys to Schofield Barracks in time for Christmas.

"This organization, made up of veterans in the Sacramento, [California] area, started this program two years ago for Travis Air Force Base," said Wiers. "Now it has expanded this year. They're giving away 25,000 toys for our Soldiers' children."





Christa B. Thomas | U.S. Army Garrison, Hawaii, Public Affairs

## Dino-mite!

In one of its most successful traveling exhibit presentations to date, the Bishop Museum presents Dinosaurs Alive! through Jan. 28 in the Castle Memorial Building.

Taking a walk on the wild side are several robotic dinosaurs, including a ferocious tyrannosaurus rex, a remote-controlled triceratops (pictured), stegosaurus, velociraptor, allosaurus, apatosaurus, utahsaurus and many others. All the exhibits include hands-on activities, participatory displays and teaching activities.

The Bishop Museum, 1525 Bernice St., is open 9 a.m.-5 p.m., daily. Call 847-3511 or visit [www.bishopmuseum.org](http://www.bishopmuseum.org) for admission rates and event dates.

ters Adventure Park, the Polynesian Cultural Center, and Kualoa Ranch. Cost is \$30 per week. Call 655-0451.

**Mad Science** — Students in grades 3–5 are invited to join the Schools of Knowledge, Inspiration and Exploration (SKIES) Unlimited and Army Hawaii Family Housing for the Mad Science “Save our Nations Energy” program. Classes include topics such as optical illusions, slime, sonic sounds, tantalizing taste, harnessing heat, lights, color action, and watts-up.

Class dates are Feb. 1, 8, 15, 22, and March 1 and 8, all to be held at the Kalakaua Community Center.

Cost is \$60 per session and the deadline to enroll is Jan. 26. Call 655-9818.

### 3 / Saturday

**Keiki Valentine Craft Party** — Kids of all ages are invited to enjoy fun Valentine craft projects and Valentine games at the Tropics, Feb. 3, 1–3 p.m. Cost is \$4 per child and registration is required by Jan. 25. Call 655-0112.

## Ongoing

**Teen Fiction Contest** — Teens are invited to submit their best work of fiction to the biannual Creative Writing Contest. All works of fiction will be accepted and stories must be between 500 and 2,000 words.

The first place story will win \$150; second place, \$100; and third place, \$50. Entry forms and rules are available at all Army libraries, the Leisure Activities Office and online at [www.mwrmilitaryhawaii.com](http://www.mwrmilitaryhawaii.com).

This contest will run Jan. 1–March 18. Call 655-0111 or 655-0112.

**New Pool Policy** — Children under 12

years of age must be under the supervision of a parent or guardian at all U.S. Army Garrison swimming pools, effective Jan. 2. Call 656-0086.

**High School Volunteer** — High School students have the opportunity to earn volunteer credits by being a part of the 2007 Hawaii Army Family Action Plan Conference. Teens are needed to represent the army as youth delegates, prepare graphics and decorations, and assist at the conference. Call 655-9818 to volunteer.

**Make a Difference** — Making a difference in your community by submitting issues to the Hawaii Army Family Action Plan (HAFAP) Conference. The HAFAP conference is a grassroots process that addresses quality of life concerns and issues. An issue is any problem that affects the readiness and well-being of our community and the Army. To have issues addressed, submit it to [www.mwrmilitaryhawaii.com/acs/action\\_plan.asp](http://www.mwrmilitaryhawaii.com/acs/action_plan.asp).

**Kolekole Bar & Grill** — Come check out the newest addition to the Nehelani, the Kolekole Bar & Grill, which features a fresh new menu of pupu and entrée selections. Visit Kolekole for Tropic Lightning Thursdays and Fridays.

Enjoy darts, pool, games, karaoke and more. Call 655-0664

**SKIES Payment Plan** — SKIES Unlimited is offering a new payment program for families enrolling their children in the Schools of Knowledge, Inspiration, Exploration, and Skills classes.

Families can now enroll their children for a full semester and pay month by month. Call 655-8380 or 833-5393.

**Paperback Book Kits** —The Sgt. Yano Library, Schofield Barracks, will issue paperback book kits to deploying units. Call 655-9143.

**Family Child Care** — FCC provides in-home child care by an adult family member living in government quarters or housing, complete with flexible hours and a comfortable family-like setting.

In Hawaii, certified FCC homes are available on Schofield Barracks, Wheeler Army Air Field (WAAF), Helemano Military Reservation, Aliamanu Military Reservation (AMR), and Fort Shafter.

If you are interested in placing your child in FCC, or want information on becoming a provider, call 655-8373 (Schofield Barracks) or 837-0236 (AMR).

**SKIES Unlimited** — Your one-stop program for child and youth instructional classes is SKIES Unlimited. Current offerings include music, martial arts, gymnastics and driver education classes, as well as babysitting certification, which includes CPR and first aid courses.

Hula, “Introduction to Dance” for 3- to 9-year-olds (tap, ballet, movement and tumbling) and street dancing are also available. Plus, coming soon are modeling and tiny tot opportunities to round out offerings. Call 655-9818.

**Tropic Lightning Museum**— Come visit the Tropic Lightning Museum, Schofield Barracks, to learn about the rich history of the 25th Infantry Division and WAAF. Public and private tours, and “sergeant’s time” training programs are available.

Also, every Saturday at 1 p.m. a free war movie or documentary will be shown. Call 655-8301.

Schofield Barracks, online at [www.huion-awahine.com](http://www.huion-awahine.com), or by e-mailing [wittig.laura@yahoo.com](mailto:wittig.laura@yahoo.com) (subject line: welfare request form). Forms must be submitted or postmarked no later than March 30.

The Hui gives to the members of the Army community based on substantial need and the amount of funds available for distribution. A committee will decide on all requests in a timely manner and applicants will be informed within three weeks of application deadline.

Contact [wittig.laura@yahoo.com](mailto:wittig.laura@yahoo.com) for more information.

### 3 / Saturday

**Bourbon Street Basket Bash** — The Hui O’ Na Wahine will be conducting its annual basket auction.

This year’s Mardi Gras-themed basket auction will take place at the Leilehua Golf Course, Feb. 3, from 7–10 p.m.

This fundraising event will be held to support the community with scholarships to college students and welfare grants to local organizations.

Cost is \$10 per ticket or \$12 at the event. To purchase tickets or donate a basket, call Karen Barker at 206-8041.

## Ongoing

**Military Spouses Scholarship** — The National Military Family Association (NMFA) in partnership with the Military Channel invites military spouses to apply for the Joanne Holbrook Patton Military Spouse Scholarship Program.

The scholarships are available to military spouses of any branch or rank who want to train for professional certifications or to attend post-secondary or graduate school and range from \$500 to \$1,000 and

SEE COMMUNITY CALENDAR, B-3

## Worship Services

**Aliamanu (AMR) Chapel — 836-4599**

- Catholic Sunday, 8:30 a.m. – Mass Sunday, 9:45 a.m. – Religious Education (Sept. – May only)
- Gospel Sunday, 11 a.m. – Sunday school (Sept. – June only) Sunday, 12:30 p.m. – Worship service
- Protestant Sundays, 9:45 a.m. – Worship service Sunday, 11 a.m. – Sunday school (Sept. – June only)

**Fort DeRussy Chapel — 836-4599**

- Catholic Saturday, 5 p.m. – Mass in chapel (May – Aug.) Saturday, 6 p.m. – Mass on the beach
- Protestant Sunday, 9 a.m. – Worship service

**Fort Shafter Chapel — 836-4599**

- Contemporary Protestant Sunday, 9 a.m. – “The Wave” worship service

**Helemano (HMR) Chapel**

- Contemporary Protestant Sunday, 10 a.m. – Worship service and children’s church

**Main Post Chapel — 655-9307**

- Catholic Sunday, 9 a.m. – CCD & RCIA Sunday, 10:30 a.m. – Mass
- Collective Protestant Sunday, 9 a.m. – Worship service Sunday, 10:30 a.m. – Sunday school
- Gospel Sunday, 10:30 a.m. – Sunday school Sunday, 12 p.m. – Worship service

**MPC Annex, Building 791 —**

- Chalice Circle Tuesday, 7 p.m.
- Islamic Prayers and study Friday, 1 p.m.
- Buddhist 4th Sunday, 1 p.m.

**Soldiers Chapel —**

- Catholic Friday – Saturday, 12 p.m. – Adoration (24 hours)
- Protestant Sunday, 9:30 a.m. – Worship service

**Tripler AMC Chapel — 433-5727**

- Catholic Sunday, 11 a.m. – Mass Monday – Friday, 12 p.m. – Mass Saturday, 5 p.m. – Mass
- Protestant Sunday, 9 a.m. – Worship service

**Wheeler Chapel —**

- Catholic Saturday, 5 p.m. – Mass
- Collective Protestant Sunday, 10:30 a.m. – Worship Service and children’s church

## This Week at the MOVIES Sgt. Smith Theater



**Unaccompanied Minors**

(PG)

Friday, 7 p.m.  
Sunday, 2 p.m.  
Thursday, 7 p.m.



**Casino Royale**

(PG-13)

Saturday, 7 p.m.  
Wednesday, 7 p.m.

The theater is closed Monday & Tuesday.

## community Calendar

Send calendar announcements to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

### 19 / Today

**Emperors of Soul** — Motown legends the Temptations will join Maestro Matt Catingub and the Honolulu Symphony Pops for three concerts at the Neal S. Blaisdell Concert Hall. The Temptations will blend their soulful songs and stylish choreography with the symphonic delights of Hawaii’s own Pops orchestra.

The shows are Jan. 19 and 20 at 8 p.m. Ticket prices begin at \$25. Seniors, students and military patrons will receive a 20-percent discount on ticket purchases. Call 792-2000 or visit [www.honolulu-symphony.com](http://www.honolulu-symphony.com).

### 24 / Wednesday

**Kindermusik classes** — The Armed Services YMCA will host a Kindermusik program to introduce children to the adventures of music and movement.

Children ages 3–5 are invited to a free class Jan. 24, from 10–11 a.m. at the Sgt. Yano Library on Schofield Barracks. Another free class will be held Jan. 31 at the same time and location for ages 1–3. Call 624-5645.

### 25 / Thursday

**Attention Karaoke Singers** — The Waialua Coffee House is looking for good, charismatic singers for all voice parts to expand its Sounds of Aloha to a 100-person chorus.

Tune up with this four-part harmony, a cappella award-winning ensemble at “Bar-

bershop Night,” Jan. 25, at the Waialua Coffee House Lounge, 9:30–11 p.m., 1860 Ala Moana Blvd. Call 262-SONG (7664).

### 26 / Friday

**WoW Conference** — Most spouses of Soldiers have similar days: some filled with chaos and disorder with little down time. So these like-minded people can commune and commiserate, the Schofield Barracks Chapel community will bring the international Wives of Warriors (WoW) Conference to the island.

The WoW Worldwide team is comprised of women who are or have been military spouses. They travel to posts providing encouragement and practical tips.

The event will be Jan. 26, from 6:30–9 p.m., and Jan. 27, 9 a.m.–3 p.m., in the Helemano Military Reservation Chapel.

A school-age program will be offered for ages 6–12, and free child care will be available for children already registered with Child and Youth Services.

Pick up registration forms at the Schofield Main Post Chapel, or call Stephanie at 664-5987. Jan. 19 is the registration deadline.

### 27 / Saturday

**Chinese Cooking Class** — In anticipation of the Chinese New Year, the Shanghai Bistro will host a cooking class led by Chef Chih-Chieh Chang, Jan. 27.

The class will begin at 10 a.m. and will include Chang’s demonstration of popular Chinese New Year dishes, jai and gau, which are eaten for good luck in the Year of the Boar.

Registration is \$35 per person and includes an all-you-can-eat brunch after the class. To make reservations, call 955-8668.

Shanghai Bistro is located at 1778 Ala Moana Blvd.

### 28 / Sunday

**Dino-mite Exhibit** — Take a walk on the wild side, through Jan. 28, at Bishop



# Sergeant major finishes 100-miler under 32 hours

**KHALIDA DUBOSE**  
Staff Writer

Getting muddy, staying up for 36 hours and eating and drinking the night away is what Sgt. Maj. Ruben “Ben” Cavazos of 8th Human Resources Sustainment Command, trains for and looks forward to every year.

Saturday and Sunday, Cavazos ran and completed the annual Hawaiian Ultra Running Team (HURT) endurance run for the sixth consecutive year. Cavazos, No. 72 in the race, completed the 100-mile course in 31 hours and 53 minutes. The course includes a 20-mile loop

that covers a series of trails starting at the Hawaii Nature Center, through Tantalus, Manoa, Nuuanu and back. The runners must complete five loops on the course, which is considered, by Cavazos and others who have run the course, as one of the hardest in the world because of the terrain, humidity and other factors.

“It doesn’t matter how much training I do, I always hurt mentally and physical-

ly, but I know what to expect,” said Cavazos.

Before the big day, Cavazos, based on his previous years of experience, estimated that he would probably get sick, be really sore, and need a lot of support from friends and family.

“I’ll probably hit a wall at about 30 to 40 miles, but I already know what to expect,” said Cavazos the day before the HURT. “The terrain is rough with very little flat areas to run. Many areas are uphill or down.”

Cavazos and other runners briefly checked into the course’s 15 aid stations throughout the event to gather food, liq-

uids and much-needed support. The key to staying on track and minimizing the onset of fatigue is to get in and get out, said Cavazos who does not like to spend more than three minutes at an aid station.

### Training

Before Cavazos could even start dreaming about completing the HURT for the sixth time he went through months of strenuous training. Beginning in mid to late August, Cavazos, who did 80 percent of his training in the dark, woke up at 2 a.m. every other day and ran from 4 a.m. to 7 a.m. On alternating days, he ran

from 6 p.m. to midnight. On average he said he ran 15 to 20 hours per week.

While running at night is hard, Cavazos said he was able to think and not be interrupted, which ultimately made him rely on himself.

“If you don’t believe in God, you better believe in something because it’s hard out there,” said Cavazos after completing the run.

### The man behind the runner

For many people, the thought of run-

**SEE HURT, B-5**

# NFL grant brings gridiron greats to football clinic

**BYRON NAGASAKO**  
Army Hawaii Morale, Welfare and Recreation

Maa Tanuvasa knows from personal experience that many football greats get their start on the red dirt playing fields of Hawaii.

The former National Football League (NFL) defensive end and owner of two Super Bowl championship rings started his stellar football career at Mililani High School, then continued at the University of Hawaii before making a big name for himself as a Denver Bronco.

Tanuvasa, and NFL local-boys, Chris Fua-matu-Ma’afala and Travis LaBoy, hope to kick-start football futures by lending their expertise to area youth during the 2nd Annual Football Bash Clinic.

Also scheduled to appear at the clinic will be University of Hawaii, other colleges and local high school football players and coaches teaching the fundamentals of defense, offense, passing and receiving.

The clinic, hosted by the Boys & Girls Clubs of Army Hawaii, is being subsidized through a \$1,000 NFL Youth Football grant.

Army Hawaii Morale, Welfare and Recreation (MWR) will use the funds to purchase necessary supplies and equipment for the Child & Youth Services (CYS) Sports & Fitness football program.

“The flag football season runs from October through December, and the league includes more than 400 Army children,” said Gus Harper, chief of CYS sports and fitness programs.

Two non-military local teams from Boys & Girls Clubs of Hawaii also participate in the league.



Jim Keenan | Army Hawaii Morale, Welfare and Recreation

Breeannah and Tiarrah Marsh display the Youth Football Clinic banner at the 2006 training event. Behind them, the Boys & Girls Clubs Hawaii team (in orange) employs its newly learned skills.

According to the NFL Youth Football Web site (www.nflyouthfootball.com), youth football is a top priority for the NFL and its players.

In 1998, the NFL and NFL Players Association formed the NFL Youth Football Fund, a nonprofit foundation to support the game at the youth level and promote positive youth development.

Since its inception, thousands of youngsters have seized the opportunity to learn the game of football, get physically fit, and stay involved in productive after-school activities with adult mentors.

The clinic will be held at the Aliamanu Military Reservation (AMR) sports field, Jan. 27.

Check-in for participants ages 8-12 will be at 8:30 a.m. at the Youth Center gymnasium. Check-in for ages 13-18 will begin at 12:30 p.m.

Cost is \$40 and includes a T-shirt, refreshments and a gift bag; however, today is the last day to register for the clinic, but late and walk-in registration will be accepted based on space availability.

Register at the Schofield Barracks, AMR or Fort Shafter youth centers. Call 836-1923.

## Community Calendar

From B-2

may be used for tuition, fees, room and board. Applications will be accepted through March 15. Visit [www.nmfa.org/scholarship](http://www.nmfa.org/scholarship).

**MDA Volunteers Needed** — The Muscular Dystrophy Association (MDA) has begun its search for summer camp volunteers. Volunteer counselors are needed to help young people with neuromuscular diseases enjoy a fun-filled MDA summer camp June 8-15 at YMCA Camp H.R. Erdman on the North Shore.

Volunteer counselors must be at least age 16 and able to lift and care for a young person between age 6 and 21.

For an application, call the Honolulu office at 593-4454 or 800-572-1717. Visit [www.mda.org/clinics/camp](http://www.mda.org/clinics/camp).

**Wives of the Warriors** — The Military Council of Catholic Women (MCCW) at Aliamanu Military Reservation (AMR) chapel meets each Thursday at 9:15 a.m. in the chapel for its fall Bible study,

“Wives of the Warriors.” The focus of this Bible study is learning to live confidently in Christ as a military spouse.

On-site child care will be provided for STACC-registered children at least 9 months of age. Nursing babies are welcome; however, RSVP for child care.

Call 836-4599 or e-mail [MC-CWHawaii@yahoo.com](mailto:MC-CWHawaii@yahoo.com).

**Torch Lighting and Hula Show** — Enjoy free nightly performances (weather permitting), 6:30-7:30 p.m. at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue in Waikiki.

This show features a torch-lighting and conch shell ceremony, authentic local music and dancing by some of the island’s finest hula (troupes). Call 843-8002.

**Volunteer Opportunities** — Give back to the community by volunteering. It is a great way to meet new people, receive valuable job experience and support the Army family.

Opportunities are available on and off post.

Free child care at an hourly rate is provided for up to 20 hours per week for those who volunteer with ACS. Visit [www.mwrrmy-hawaii.com](http://www.mwrrmy-hawaii.com) or call 655-4227.



# HURT: Oahu endurance run amounts to 100 miles of sweat, pain, blisters

CONTINUED FROM B-3

ning a marathon (26.2 miles) sends chills up their spine, but for Cavazos, running 100 miles excites and energizes him. The annual run is more of a family affair, a way to bond with friends and family and perhaps most importantly, a way to stay in shape and physically and mentally challenge himself.

It was seven years ago, when Cavazos decided that turning 40 did not mean he was over the hill. Instead he followed his wife Bev's lead and began running. Now running and completing the HURT every year is something Cavazos, his wife and two sons, BJ and Peter, do together.

"We're the pit crew," said Bev Cavazos. "This is a tradition. This will be the sixth year in a row. I asked Ben how long he was going to make me do it, and he said until I'm at least 60."

Traditionally, Bev Cavazos runs the last 20-mile loop with her husband. She keeps Ben's eyes on the prize and motivates him to keep going, he said. Similarly, BJ Cavazos runs the third loop with his father, which is usually



Above — Sgt. Maj. Ben Cavazos gives a thumbs up early in the course. Friend and supporter Jackie Edwards walks with Cavazos, who completed the endurance course for the sixth time and finished the race in 31 hours and 53 minutes.



Left — Cavazos takes off his Camelback and prepares for a quick refuel after the fourth loop of the course.

old BJ Cavazos said trail running is a close second to his love for soccer. BJ Cavazos got interested in running from watching his father every year. He now hopes to be able to run the entire HURT course one day.

"I liked it more than road running because it's a little more challenging," said BJ Cavazos. "I like playing soccer, but trail running is probably the next best thing."

And even though Peter is still just the tender age of five years old, he was cheering his dad on and even ran with him for a little while.

### His energy

While Cavazos is convinced that it is the love and support of friends and family that keep him on track during the course, people who know him say it is his own energy, discipline and mental strength that keeps him on track. Maj. Jay Edwards who ran with Cavazos on the fourth loop, between 1:30 a.m. and 7:30 a.m., Sunday, said Cavazos is the toughest person, both mentally and physically, that he knows.

"Just being part of this whole thing was a blessing to me," said Edwards, who is a team leader with 556th Personnel Services Battalion. "It was all him [Cavazos] out there. His energy drives the rest of us to be our best."



### 19 / Today

**Unit PT Bowling** — Units can now spend their physical training time at the Fort Shafter Bowling Center, Monday–Friday at 6-8 a.m. Cost is \$1 per Soldier and includes all games bowled and free shoes.

Units must have a minimum of 20 bowlers, and reservations must be made three working days prior to bowling date. Call 438-6733.

**Football Bash Clinic** — Register for the 2nd annual Football Bash Clinic through Jan. 19.

This one-day clinic will be conducted by current and former National Football League players, University of Hawaii football players, and other college and

high school players and coaches.

The clinic will be held Jan. 27 at 9 a.m. for ages 8–12, and 1 p.m. for ages 13–17. Cost is \$40 and includes a T-shirt, refreshments and a gift bag.

Register at the Schofield Barracks, Aliamanu Military Reservation (AMR) or Fort Shafter youth centers. Call 836-1923.

### 21 / Sunday

**Bowling Tournament** — A "5 Game, No Tap" tournament will be held at the Schofield Bowling Center, Jan. 21. Check-in will be at 1 p.m., and the cost is \$20 per bowler. Call 655-0573.

### 25 / Thursday

**G'Day Mate** — Celebrate the founding day of the land of kangaroos, "Australia Day," at the Fort Shafter Library, Jan. 25 at 3 p.m. Enjoy fun, stories, games and a craft. Call 438-9251.

### 26 / Friday

**Witness the Smackdown** — Come watch Hawaii Champi-

onship Wrestling at the Schofield Tropics, Jan. 26. Doors will open at 6 p.m. and matches will start at 7 p.m.

The cost is \$5 for guests ages 12 and up, \$3 for ages 11 and under, and free for children ages 5 and under. Call 655-5697.

### 27 / Saturday

**BMX Racing** — Come to the BMX track at Wheeler Army Air Field (WAAF) for BMX racing. First, second and third place ribbons will be awarded, along with participation ribbons.

Registration will be held from 4 to 5 p.m., and cost is \$4 per rider. BMX races will begin at 5 p.m., and refreshments will be provided.

Races are held every second and fourth Saturday. Volunteers are needed to help make this event a success. Visit [www.mwrarmy-hawaii.com](http://www.mwrarmy-hawaii.com), [www.armybm.org](http://www.armybm.org), or call 656-1601.

### 30 / Tuesday

**Youth Baseball/Softball** — Registration for Hawaii Youth

Sports baseball and softball will be held through Jan. 30 at AMR, Fort Shafter, Schofield Barracks, Helemano Military Reservation and WAAF Youth Centers.

First-time participants must sign up with the CYS Registration Office before they can register for activities. For baseball and softball, the Hawaii Youth Sports League is open to youth born in 1988 to 2001.

Cost is \$60 for baseball or softball and \$50 for T-ball and coach-pitch. Call 655-6465 (Schofield), 655-0883 (Wheeler), 836-1923 (AMR), or 438-9336 (Fort Shafter).

## February

### 4 / Sunday

**Superbowl Party** — Join the Tropics, Feb. 4, in celebrating Super Bowl Sunday. Enjoy the game on the big screen, eat from the "all you can eat buffet," and enter to win Pro Bowl Tickets. Call 655-0002.

### 6 / Tuesday

**Youth Wrestling Team** — Register now through Feb. 6 for the USA Wrestling Team. Youth born from 1987 through 2001 are eligible to participate. Cost is \$20 per person, plus a \$30 USA Wrestling Team fee.

Registration is at the Bennett Youth Center, Schofield Barracks. Call 655-6465.

## Ongoing

**Aerobic Classes** — Tripler Army Medical Center (TAMC) and Fort Shafter gyms are offering \$1 per class per person aerobics classes.

At TAMC, classes offered are step aerobics and beginning to intermediate cardio-kick-boxing. Classes will be held Monday, Wednesday and Friday at 4:30 p.m.

At Fort Shafter, cardio-kickboxing will be offered on Tuesday and Thursday from 4:30–5:30 p.m. Call 433-2031.

**Muscle Moves** — Tone your muscles using a variety of equipment, including bands, dumbbells, exercise balls and more. Classes are offered every Friday at the Schofield Barracks Health and Fitness Center at 11:45 a.m. Call 655-8007.

### Wheeler Lanes Parties

Score a strike with your friends by planning a party at Wheeler Lanes. Rent the entire six-lane bowling center on Saturdays or Sundays for birthday parties, reunions, hail and farewell gatherings, and other special occasions. Call 656-1745.

### Run/Walk/Swim Club

Record each mile you run, walk or swim and win incentive prizes in the 100-mile run/walk and 50-mile swim clubs. Runners receive a pair of Thorlo running socks, and swimmers receive goggles.

Stop by any Army Physical Fitness Center or swimming pool to pick up a log sheet. Call 655-9914.